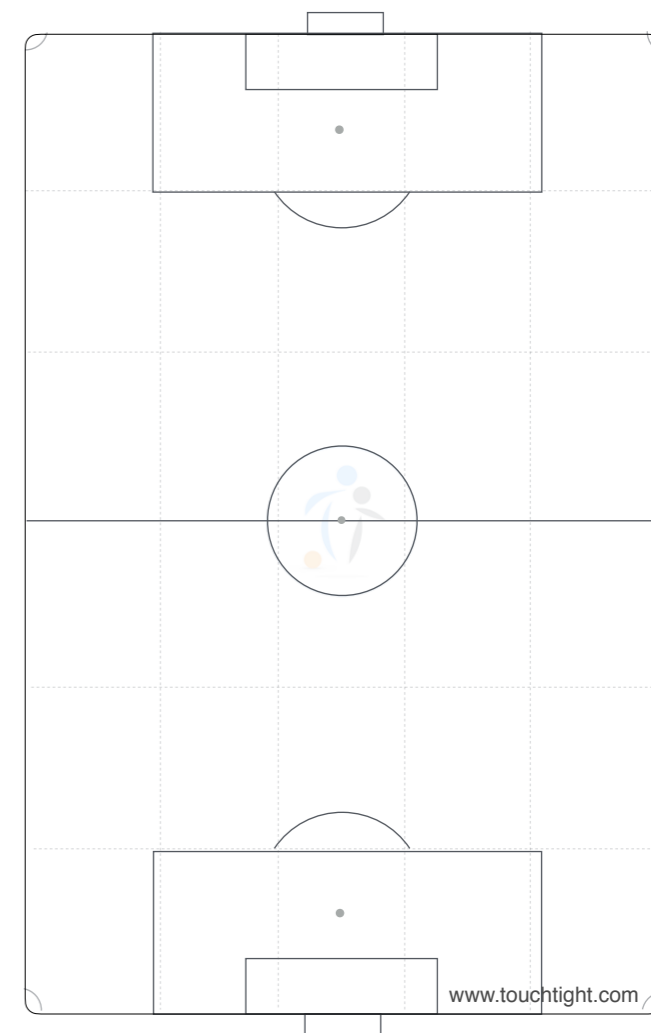
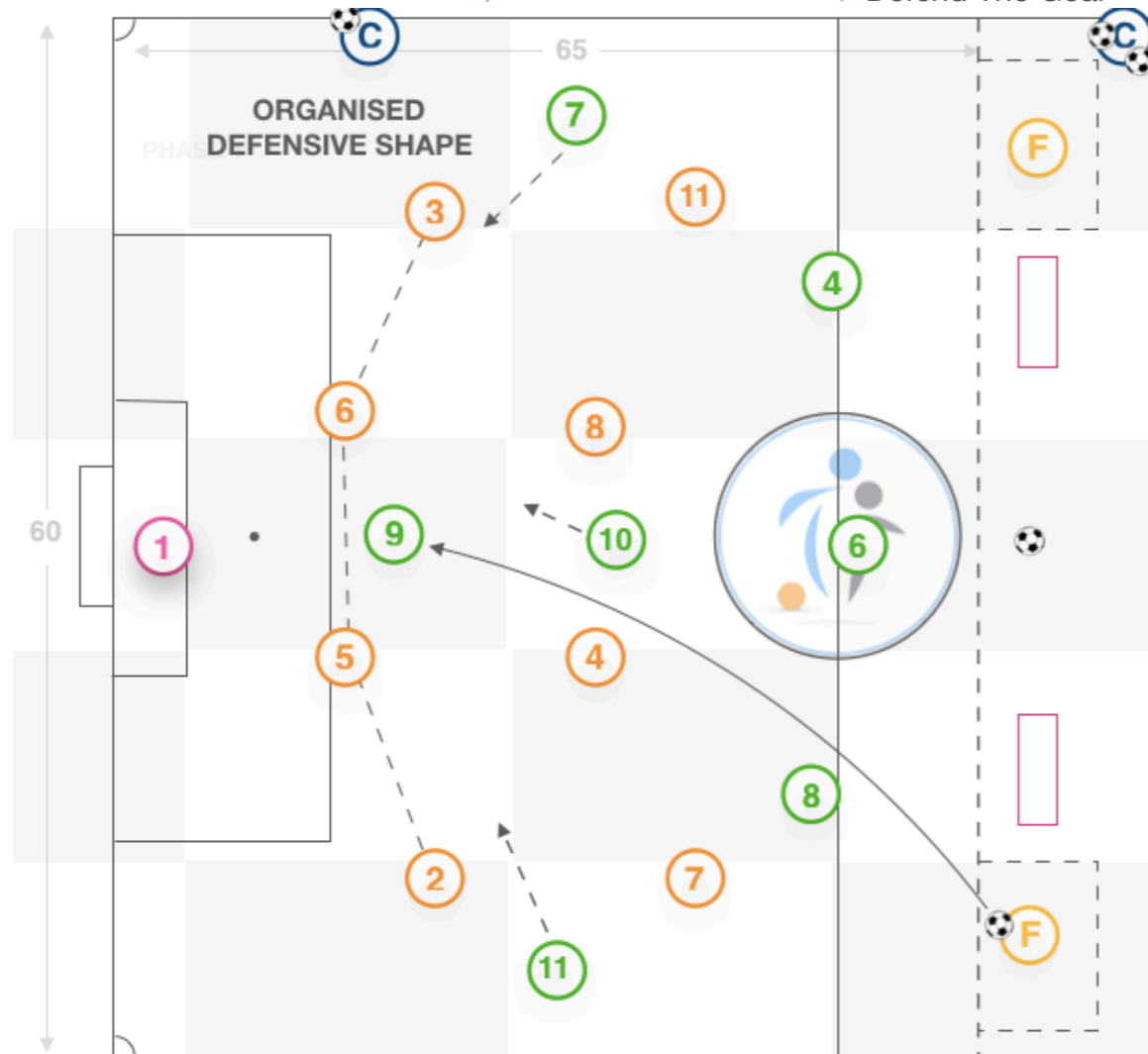




Type: Phase Of Play Practice

Area:

Team Objectives: Player Focus | Defensive Shape | 1 v 1 Defending Technique | Compactness | Defend The Goal



Set up / Organisation:

- Played in an area with full pitch width and 2/3s length. A single full size goal at one end for team to defend, and 2 mini goals for defending team to score into when regaining possession. Defending team defends in a 440 (442 minus strikers) against Greens in a 1231 (4231 minus 3 Defenders).

Key Coaching Points:

- Focus on how Orange defend as a unit with overload defensively. You should be able to pinpoint the shape with 2 banks of 4, but encourage them to attack quickly, so you can develop their ability to defend out of shape and outnumbered. If this scenario does not occur naturally, you may need to incorporate additional starting positions.

Progressions / Constraints:

- Encourage floater to get involved during attack, whether through rotation, or to even numbers, also condition Orange to score in 10 seconds.

Questions & Notes:

- Is the shape of both teams organised to be able to get key coaching points out?
- Focus on squeezing play to ensure Orange are defending as expected and to immediately force Green to play long with condensed space for them to combine in deeper areas.
- Overload for Green appears in the number 10 position, so consider how you can develop overloads, or even 4 v 4 attacking situations to work your 1 v 1 defending from here.

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

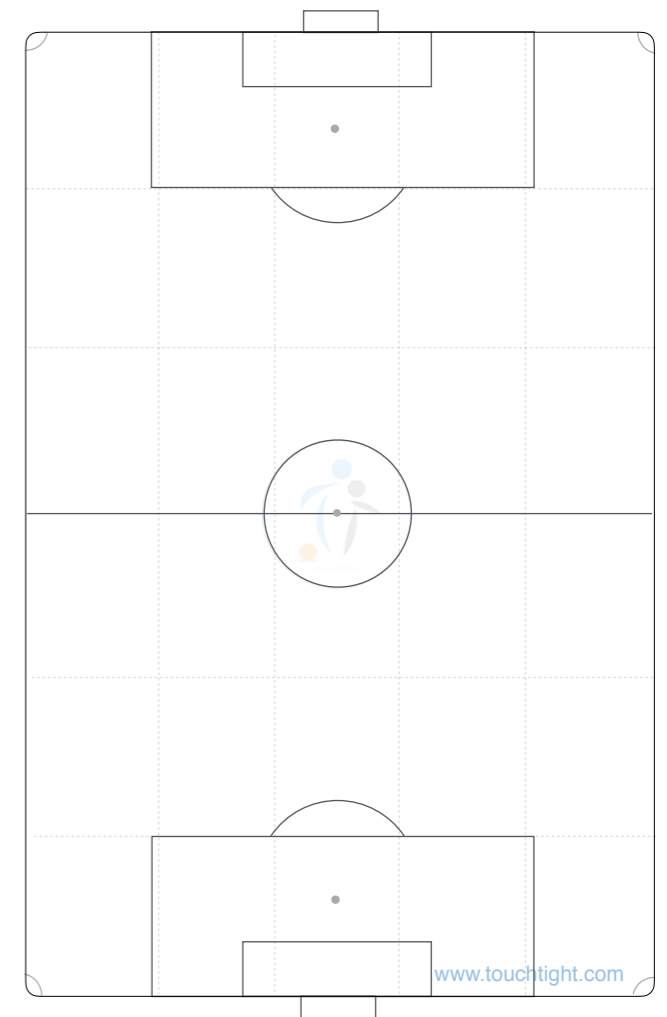
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?

